HOW TO KEEP HEALTHY IN CUBA.

From the Note Book of Dr. Maria Michal, of the National Emergency Association.

had small allments to buttle with, but in the Spanish-American war you have not only a foreign foe, but a foreign disease. Typhus, that scourage which so seldom passes our quarantine, now rages all-the-year-round iii. Smallpex is as to supply 300 soldlers with water to bath.

The question of diet comes up next. The boy in brown after he comes out of the water is hungry and he sees a plenty the water is hungry and he sees a plenty in the Island of Cuba, and cholera is an

are in every drop, not to mention typhus and other harmful influences.

When the boys in brown reach Cuba the red cross nurses will give them the material for taking a bath. It consists of a little tablet which is to be dissolved in water. It makes the water medicinal. The tablet is an insignificent little thing and one nurse carries enough to supply 300 soldiers with water for a

secret the germs of disease. It is the same way with baths and massage. During the rainy season the Cuban insurgents make it a rule to baths as little as possible and then never in cold water. This is owing to the fact that rubbing opens the pores and hot water also causes them to expand. The pores must be kept closed even at the risk of forcing the internal organs to throw off the poisons usually repelled by the skin. The skin of course has its functions, but in cuba during the rainy season it is best to let the skin list of such after his arrival. He finds that his feet are sweller and that his shoes are painful. He has not been accustomed to being on his feet so much nor is he used to the dampness and mud of the wet ground. To use his shoes te him soak them in cold water until they are thoroughly wet; then let him put them on and march in them until they dry upon his feet. He will not take cold on the mar. When the shoes have dried they will have formed themselves to the feet and will be entirely comfortable.

Water is something the soldler boy must not drink. This he must put down

Mater is something the soldler boy must not drink. This he must put down

The same transport to that cave is core in their battles with the whites and their raids on the settler soft how any simple way. There are many of these silver builets and arrow-heads made of filver in their battles with the whites and their raids on the settler ments. There used to be a great many of these silver builets and arrow-heads in the old families, preserved as relics of those all got away somether was rely and the certain of the aboriginal custodians wouldn't to this day be coming among us from Canada every once in a white and acting so mysteriously that we got on to them long ago. They come to find the entrance to that cave—that's what they do. But we're keeping an eye on em.

"A well-marked Indian path may be they do. But we're keeping an eye on

'em.

"A well-marked Indian path may be seen to this day leading through the woods parallel with the Delaware river, and crossing the Shohola creek at the entrance to the gien, within a quarter of a mile of the Erie railroad. Now, what keeps that old path open? The inhabitants around there have no use for it. Hunters and fishermen? Some folks pretend to think so. But that isn't it at all. It's indians that keep that old path from growing over-descendants of the original people treading it stealthly and secretly. What for? Searching for that treasure cave. The instructions that their forefathers handed down as to the location of that cave and how to find it have slipped a cog somehow, and they've lost the clue. So these present day Indians are sliding down there every little while, following the old Indian path and keeping it open.

they've lost the clue. So these present day Indians are sliding down there every little while, following the old Indian path and keeping it open.

"Some folks up there pech-pooh and say 'Fudge,' but why doesn't that old path disappear, then? And what did the Indian say the time he stopped at Valentine Hipsman's tavern and ordered nine hard-boiled eggs, ate them, and said he wanted to get train No. 6. going east? Why he said that an ancestor of his was in the battle of Minishik under Brant, the famous Indian chief. That battle was fought in 17th, three miles up the Deinware from Shohola, on the York Stale side. Allhough the Indians were successful in the battle, this ancestor of the reminiscent Indian saw that the days of the red men in the valley were numbered. He was one of the few who knew of the existence of a cave in the Shohola ravine, this Indian said, and after the battle he followed the old Indian trail to the Shohola, entered the cave at that side, walled the entrance up from within, then passed through to Panther Brook, came out of the cave at that side, and walled up the entrance there. This was to destroy all probability of the white setters stumbling upon the cave and securing the treasure it contained. This thoughtful warrior subsequently went to Canada, where all the Indians went when they were driven from the region. He died shortly afterward, and left only meagre directions to his family as to the finding of the hidden caves—so meagre said the Indian who are the nine hard boiled eggs at Hipman's that nont of them had any hope of ever finding it. That's what the Indian said. But did he leave on train No. 6 that day.' No, sir, he didn't! And he has never been seen since. Some folks say that he found the cave, got into it, got lost there, couldn't find his way out again and died. I don't know about that, but he was only trying to throw us off hy what he said and wasn't there for any o aer purpose than to hunt for that cave. That's what! And it's under the said and wasn't there for any o aer purpos

THEATRICAL

London has 62 theatres.

Julia Arthur may retire. "Sinbad's 'Frisco cast includes Edwin

Augustin Daly has shelved Audran'

Joe Ott has joined Rice's "Monte Car-lo" company.

Denver's stock company revived the "Clemenceau Case."

Marle Wainwright and James B, Mack-He are to appear in vandeville.

Henrietta Crossman played the title role in "The Dancing Girl" at Cincinnati last week.

Wilton Lackaye and Edith Crane were seen in "Charles O'Malley" in Washing-ton last week.

"When the real American opera is written," says May Irwin, "the coon songs will be a predominating feature." Viola Allen may star in the "Court-ship of Miles Stannish," or in a dramati-zation of Hall Caine's "The Christian." Yvette Guilbert is of a Paris committee to raise a war fund for Spain. Does this come of her having married an American?

ter of Ceremonies" to his repertoire. In San Francisco next mouth he will play Voltaire in "Frederick the Great."

Captain Sigsbee in vaudeville! The blo-graph at Keith's Philadelphia theatre last week pictured the hero of the Maine leaving the Army and Navy Building, at Washington.

The new play, "Lysiane," recently produced by Sarah Bernhardt at the Renaissance, in Paris, failed utterly. Another Parisian failure. Jean Richepin's "La Martyre."

"Shenandoah" began the fifth week of its run in Philadelphia on Monday last. Otis Skinner and Mary Hampton will be seen in the Chicago revival of "Shen-andoah."

Messrs, Strange and Edwards have named the new opera: "The Lady, the Doctor and the Devil." Russell, Fox and D'Angeles will probably appear in it next

Rose Coghlan will produce "Washing-ton's Surrender" at Keith's Vaudsville Theatre, Boston, this month. Robert Downing will be seen in the Keith the atres in the combat scene from "The Gladiator."

Merri Osborn played the title role in aftern Osborn played the title role in the opera "A Chorus Girl" last week. The cast of "The Koreans," an opera sung in New York last week, included Richard F. Carroll, Samuel Edwards, and Alice Holbrook.

Mr. Mansfield has no less than five new plays for next season. He has a play by Mr. Zangwill, the well-known London novelist, and another by George Bernard Shaw. He also has an adaptation of Robert Louis Stevenson's romance, Ives."

"God Save Columbia," the new natfond save Commons, the new nai-tonal anthem, composed by Mrs. Caroline McCaffrey School, of Philadelphia, has proven popular with the professionals, the music having an elevated and spir-ited quality, and at the same time a simplicity which makes it catchy.

Ellen Terry's daughter, Allsa Craig, is an actress in the company supporting Mrs. Palmer and Mr. Bellew in the British provinces. Miss Craig's mother went the other night to see her daughter act, and the audience recognized her as she entered the theatre. She was cheered more heartily than the stars of the occasion

The world is full of men and women splendially endowed and highly educated, yet who can scarcely get a living, and yet Anna Held has the privacy of her palace car, enjoys purple and fine linen, and her week's profils run into the thous-ands. All this on the smallest capital I know of. What folly to say that ability will always tell!-Denver Post.

At the present time Fanny Davenport is suffering from sciatica and can scarcely move her limbs. Within a fort-night she will be moved to her country home at South Duxbury, Mass. It will take her the better part of the summer te become strong again. Miss Davenport has three new plays under consideration,

T HAMES AND MERSEY MARINE INSURANCE COMPANY, LTD., OF LIVE ANNUAL STATEMENT FOR THE YEAR ENDING DECEMBER 11, 1837, OF THE CONDITION AND AFFAIRS OF THE UNITED STATES BRANCH OF THE THAMES AND MERSEY MARINE INSURANCE COMPANY LTD, OF LIVERPOOL, ENGLAND, ORGANIZED UNDER THE LAWS OF THE KINGDOM OF GREAT BRITAIN AND IRELAND, MADE TO THE AUDITOR OF PUBLIC ACCOUNTS OF THE COMMONWEALTH OF VIRGINIA, IN PURSUANCE TO THE LAWS OF VIRGINIA. AMUSEMENTS. Edna May has been introduced to the Prince of Wales. Amount of capital stock subscribed. \$10,000,000 00 Amount of capital stock paid up in cash. \$10,000,000 00 1,000,000

United States registered, 4 per cent. gov- Par Value. ernment bonds.
Chicago and Northwestern Railway Co.,
3½ per cent. gold bonds (new issue).....
Alleghany Valley Railway Co., general
mortgage 4 per cent. gold bonds...... 92,000 00 32,920.00 21,000.00 Total par and market value (carried

ACCOUNT OF BONDS OF THE UNITED STATES, AND OF THIS STATE AND OF OTHER STATES, AND ALSO OF BONDS OF INCORPORATED CITIES IN THIS STATE, AND OF ALL OTHER BONDS AND STOCKS, OWNED ABSOLUTELY BY THE CO.

Chairman—S. G. SINCLAIR, Liverpool.
Secretary—J. KIDMAN, Liverpool.
Vice-President—A. J. MACDONALD.
Principal office, 89 Wall street, New York city, N. Y.
General Agent in Virginia—B. C. WHERRY; residence, 1015 Main street, Rich-

mond. Organized or incorporated, 31st October, 1862; commenced business in United States, August, 1880.

Aggregate amount of all assets of the company, stated at their ac-

HI.-LIABILITIES. Gross claim for adjusted and unpaid losses due and to become \$112,127 00 Net amount of unpaid losses.

Gross premiums (cash and bills) received and receivable on all unexpired marine risks.

Total unearned premiums as computed above (carried out).

Total unearned premiums as computed above (carried out).

All other demands against the company absolute and contingent, due and to become due, admitted and contested, viz. State, city, country, or other taxes and assessment, commissions, brokerage, and other charges due and to become due to agents and brokers, on premiums paid and in course of collection, 18,216.52; reinsurance, \$21,76.51

Aggregate amount of all liabilities, including paid up capital stock, and net surplus...... \$ 652,000 36

*Give account and name of company here:—Ins. Co. of North America, \$2,620.00; Western Assoc. Co., \$3.5; China Marine Ins. Co., \$7.695; London Assurance, \$7.175; Firemans Ins. Co., \$1.205; Sea Ins. Co. (Ld.), \$300; Mannheim Ins. Co., \$137; Swirzerland M. Ins. Co., \$50; Union M. Ins. Co. (Ld.), \$235; Boston M. Ins. Co., \$730; Security Ins. Co., \$2.950; Pros.-Wash. Ins. Co., \$70; St. Paul F. and M. Ins. Co., \$245; Boylston Ins. Co., \$5.000. Total, \$30.122.00.

IV .- RECEIPTS DURING THE YEAR.

Aggregate amount of receipts actually received during the year in

Gross amount actually paid for losses (including \$90,213.50 losses occurring in previous years). \$120,205 71 Deduct all amounts actually received for salvage (whether on losses of the last or of previous years). \$17,942.97, and all smounts actually received for reinsurance in other companies, \$98,261.94. Total deduction. \$116,207 91 Net amount paid during the year for losses

Aggregate amount of actual disbursements during the year, in cash \$302,247 87

BUSINESS IN THE STATE OF VIRGINIA DURING THE YEAR.

(Signed.)
Manager and Principal Agent in the United States.

(Seal of the corporation.)
State of New York, city of New York—ss.:
(Seal of Notary.) Sworn to before me this 27th day of January, 1898,
(Seal of Notary.) Sworn to before me this 27th day of January, 1898,

B. C. WHERRY, Agent, 1015 East Main Street.

U NITED SECURITY LIFE INSURANCE AND TRUST COMPANY OF PENNSYLVANIA. Nos. 603-605 Chestnut street, Philadelphia,

ANNUAL STATEMENT FOR THE YEAR ENDING DECEMBER 31, 1897.

DISBURSEMENTS.

| Mortgage investments, irst liens | \$2,270,710 44 | Real estate investments, including property, 605 and 603 Chestnut street, safe deposit vaults and fixtures | \$636,112 63 | \$111,712 17 | \$17 | \$18 | \$18 | \$18 | \$19 | \$18 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$19 | \$1

LIABILITIES. Capital stock
Real estate reserve fund \$ 1,513 78
Mortality surplus 129,139 33
General surplus 325,600 60

WILLIAM VERNER, President.
WILLIAM M. COATES, Vice-President.
FRANCIS HENDERSON, Secretary and Treasurer.
ESMONDE H. AUSTIN, Assistant Secretary and Treasurer.
FRANCIS H. HEMPERLEY, Actuary.
HARRY LA BARRE JAYNE, counsel and in charge trust department.

B. C. WHERRY,

1015 E. Main Street.

killed in battle numbered \$7.03, and those who died of wounds \$4.02. The total was whe died of wounds \$4.02. The total was had a second to the country of disease was 195.72. Add to the total of the battle cansellites the \$9.50 who died as a result of accident, murder and other causes in the causes the \$4.00 who died as a result of accident, murder and other causes in the confederate prisons and those who died as a result of accident, murder and other causes in the confederate prisons and those who died as a result of accident, murder and other causes in the confederate prisons and those who died as a result of accident, murder and other causes in the confederate prisons and those who died as a result of accident, murder and other causes in the confederate prisons and those who died as a result of the solid of \$6.51 and the number is still \$5,000 short of the array of disease victims.

Nothwithstanding this fact, the health officers of the United States, the Medical Company of the configuration of the confederate prisons and who was a confederably. The matter of keeping cool and keeping warm will worry him eensiderably. The matter of keeping cool and keeping warm will worry him eensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter of keeping cool and keeping warm will worry him to ensiderably. The matter

HE DISMAD SWAMP OF CUBAL

of good things to eat; for in spite of the famine Cuba keeps on growing fruit. You can never rid the little island of Spaniards asked for a lee old Gomez sent word ent that they desired a sin order to escape the Spaniard has ever been fight through the rain, own will have to endure as best they can. They is us as it begins and war be only six weeks have to stand that six p with rain falling on the angle of the famine Cuba keeps on growing fruit. You can never rid the little island of its maryelous supply of nuts and fruits. But he must not cat them. The first day on the Island the soldier must abstain from everything except coffee and bread if he is going to keep his health. The bread is the hard army bread and the coffee may be only a supply of the ship's coffee, but he must be contented with it, otherwise he will certainly be iil.

The second day he can look around and take a further chance but let him eat only that to which he is accustomed-canned goods, potatoes, dried fish, crackers and such simple food as he has seen upon his own table every day at home are the only ones which he must are magnified and multiplied a hundred fold. When the Spaniards asked for a sixty-day armistice old Gomez sent word to our government that they desired a stay of hostilities in order to escape the rainy season. No Spaniard has ever been found who could fight through the rain. Our boys in brown will have to endure the raipy season as best they can. They will arrive there just as it begins and even should the war be only six weeks long they will have to stand that six weeks in swamp with rain falling on them as they fight, and green moss growing on their boots while they sleep.

The records of the Civil war show that pearly twice as many soldiers of the

CUBA'S "DEATH TREE." HUNDREDS HAVE FALLEN UNDER ITS

conditions which generate these discuses are magnified and multiplied a hundred

in his notebook as an absolute rule. If he drinks water he will die of Cuban ferer. He can be positive of this, for not one water drinker out of fifty has ever escaped the fever in Cuba during the rainy season unless he be a native.

Instead of plain water a medicated water must be taken. This is boiled water with a drop of acid in it. Boil the water, let it cool and squeeze in a dash of lemon orange or other tart fruit. It is not recessary to add over three drops. Only just enough to give acidity to the water. At first this warm water will be unbearable, but in a few days it will taste as good as fee water.

No soldier during the rainy season in Cuba can eat a heavy breakfast and march after it. He must eat lightly and often. It will also be necessary to take a siesta after lunch. Even the rough and tumble insrgents do this and they are men who fight to the death. They find it necessary to sleep two hours in the afternoon even though they march at night.

If the night be very misty or the air

If the night be very misty of the air green in vapor it is a good thing to sleep with a handkerchief wes with some an-tiseptic over the mouth. This is, how-ever, an extreme bit of precaution which is not expected the soldier boys will fol-low. The officers do it and they come home alive when the soldier dies a

home alive when the soldier dies a swamp death.

So importent are these directions that Sister Maria Michai of the National Emergency Association prepared a number of prescriptions for the relief of those who land. These were endorsed by Ciara Barton and copies of them are given to as many as can be reached. These formulas are so good that they were sent to Washington and were offered to such as applied for them for the benefit of their soldier boys.

PIKE COUNTY'S TREASURE.

A Cave Under a Mountain Filled With

had and the foot of Shohola Glen," said a man from that interesting corner of Pike county, Pa. "I wouln't ask to be a Gould or a Vanderbilt, for, according to tradition that cave is a storehouse of unheard riches. We have from time to time found many promising openings in the rocky ledges that towed above the creek on both sides of the glen for a mile or more, but somehow none of them taps that cave. The Helm family, the founder of which was the first white man to come into that region, has charge.

To that cave. That's what! And it's indian silke him that are keeping that indian path open, and what we want to do up in that corner of Pike county is to watch out. A fellow from New York came near throwing us all into fits last summer by advancing a theory he had about that Indian path being so fresh. "It's hecause Indians are using it on the sty," he said. 'But they're not looking for that cave. They're not looking for that cave because they've found it.

Gold and Silver. "If I could find the entrance to a cave which the old residents believe lies under the mountain somewhere between the had and the foot of Shohola Glen," said

THE "TO ARMS" BUGLE CALL, WHICH IS SUMMONING THOUSANDS OF OUR BRAVE BOYS TO DEATH.

and will make an expensive production of one of them in the autuma. Rose Coghlan will make her vaude

ville debut at Keith's Boston Theatre to morrow in "Nance Oldfield." The Coghlan engagement was made in twenty min interest was made in twenty minutes. John Iris, who got Miss Coghian
to go in, went down to see Mr. Hodgson,
Mr. Hodgson called up Mr. Albee by longdistance phone and he and Mr. Keith
talked it over in Hoston, telephoning
back to New York their assent, and contracts were signed inside half an hour. "The Purser," a farce, was produced

for the first time in America at 'Frisco last week, Ferris Hartman and Lena Merville playing the chief roles. Just as the purser and his bride were about to settle down to several months of sta-tionary honeymoon he was ordered off to sea, and, sooner than leave her behind, sea, and, sooner than leave her behind, he smuggles her aboard as a cabin passenger under her maiden name, for it is forbidden officers of the Kangareo to be accompanied by their wives. The other woman in the case turns up in the gay young person of a Mrs. Stanley, lately divorced, at the suggestion, she says, of the purser. the purser.

Humperdick's "The King's Children," has been produced in New York. One is reared in the forest as a goosa-girl, by a witch who ill-treats and despises her. The other is a handsome youth, who meets her in the forest. He is the first ments her in the forest. He is the first man she has ever seen, and only the power of the witch's spell prevents them from eloping together. Both he and his betrothed are driven away by the people, who will not recognize their King and Queen in the beggars' rags. Then the lovers wander back to the witch's hu and die in the snowstorm. The text is by Frau von Rosmer, who wrote the libretto of "Haensel and Gretel."

Mrs. Potter and Kyle Bellew may prowife of the Irish M. P. This new drama is written around incidents in the life of the late Charles Stewart Parnell during the period of his complications with Mrs. O'Shea. Mrs. Potter is to appear as Mrs. O'Shea and Mr. Bellew is to impersonate the greatest Irish leader of modern times. Mrs. O'Shea in this stage work is depicted as an Englishwoman with enthusiastic ideas on the subject of patrictism. In saving her country from threatened disruption at the hands of the Parnellites she conceives the massive idea of making Parnell the victim of her blandishments and bringing him to ruin. In this worthy pursuit she is successful, but discovers, when it is too late to avert Parnell's disaster, that she loves him. In the end he is deprived of his power and dies. 'This is an ingenious if not a particularly lucid theory of the Parnellwife of the Irish M. P. This new drama ticularly lucid theory of the Parnell-O'Shea episode, but," says Leander Rich-ardson, "I do not thing the Irish people as a body are extremely libely to accept th."